

What is claimed is:

1. An exercising device that is held and rotated in use comprised of two units; each unit to be held in a hand of a user;  
said units each comprised of: a handle, an elongated first element attached to said handle, and said elongated first element has at least a first loop.
2. The exercise device of claim 1 which further includes a loop forming means for forming said first loop from a portion of said elongated first element.
3. The exercise device of claim 1 which further includes a loop forming means for forming said first loop from a portion of said elongated first element; said loop forming means is located on or inside said handle.
4. The exercise device of claim 1 which further includes a loop forming means for forming said first loop from a portion of said elongated first element; said loop forming means is located outside of said handle.
5. The exercise device of claim 1 wherein said first loop is formed by attaching a first section of said elongated first element to a second section of said elongated first element.
6. The exercise device of claim 1 wherein said first loop is formed by attaching a first section of said elongated first element to a second section of said elongated first element; the distance from the handle to the furthestmost point of said elongated first element is between about 10 and 24 inches.
7. The exercise device of claim 1 wherein said first loop is formed by attaching a first portion of said elongated first element to a second portion of said elongated first element; a section of said first loop is inside a portion of said handle.
8. The exercise device of claim 1 wherein said first loop is formed by attaching a first portion of said elongated first element to a second portion of said elongated first element; a portion of said first loop is inside a portion of said handle; said first unit further comprises an elongated second element attached to said handle or to said elongated first element.
9. The exercise device of claim 1 wherein said elongated first element is comprised of two or more cords.

- 1 10. The exercise device of claim 1 which further includes a loop forming means for forming a  
2 loop from a portion of said elongated first element; said loop forming means is located outside  
3 of said handle; said elongated first element is comprised of two or more cords.
- 4 11. The exercise device of claim 1 which further includes a loop forming means for forming a  
5 loop from a portion of said elongated first element; said looping means is located outside of  
6 said handle; said elongated first element is comprised of a first and a second cord; said first  
7 cord is attached to said handle; said second cord is attached to said first cord; said second cord  
8 forming said first loop.
- 9 12. The exercise device of claim 1 wherein the distance from the handle to the furthestmost point  
10 of said elongated first element is between 10 and 24 inches.
- 11 13. The exercise device of claim 1 wherein said handle is a portion of said elongated first  
12 element.
- 13 14. The exercise device of claim 1 which further includes a detachable loop forming means for  
14 forming a loop from a portion of said elongated first element; said loop forming means is  
15 located outside of said handle; said loop forming means comprised of a first connector and a  
16 second connector; whereby said first and second connectors from each unit can be connected  
17 together to form a jump rope.
- 18 15. The exercise device of claim 1 wherein said elongated element is comprised of a first length  
19 of flexible material attached to said handle, and said first length of flexible material forming a  
20 loop.
- 21 16. The exercise device of claim 1 wherein said elongated first element is comprised of a first  
22 piece and second piece of flexible material said first piece is attached to said handle, and said  
23 second piece is attached to said first piece; said second piece forms said first loop.
- 24 17. The exercise device of claim 1 wherein said elongated first element is comprised of a first  
25 cord and second cord said first cord is attached to said handle, and said second cord is  
26 attached to said first cord; said second cord forms said first loop; a loop forming means  
27 attaching said first cord to said second cord.
- 28 18. The exercise device of claim 1 wherein said elongated first element is comprised of a first  
29 cord and second cord of flexible material said first cord is attached at one end to said handle,  
30 and said second cord is attached to said first cord; said second cord forms said first loop; a

1 loop forming means attaching said first cord to said second cord; said loop forming means  
2 comprises an annular shaped piece.

3 19. The exercise device of claim 1 wherein said elongated first element is comprised of a first  
4 cord and second cord of flexible material; said first cord is attached to said handle, and said  
5 second cord is attached to said first cord; said second cord forms said first loop; a loop forming  
6 means attaching said first cord to said second cord; said loop forming means comprises an  
7 annular shaped piece; said annular shaped piece having holes that accept and attach to a portion  
8 of said first and second cords.

9 20. The exercise device of claim 1 wherein said unit further comprises a plurality of loops; said  
10 loops attached directly or indirectly to said handle or to said elongated first element.

11 21. The exercise device of claim 1 wherein said unit further includes an elongated second  
12 element; said elongated second element attached directly or indirectly to said handle or to said  
13 elongated first element.

14 22. The exercise device of claim 1 wherein said unit further comprises a second elongated  
15 element having at least a second loop; said elongated second element attached directly or  
16 indirectly to said handle or to said elongated first element.

17 23. The exercise device of claim 1 wherein which further includes a loop forming means for  
18 forming a loop from a portion of said elongated first element; said loop forming means  
19 comprises an element selected from the group consisting of: a knot, a snaphook, a boltsnap, a  
20 hook, a hook and loop fastener, and screw-together unit.

21 24. The exercise device of claim 1 wherein said handle is comprised of a portion of said first  
22 element.

23 25. The exercise device of claim 1 wherein said elongated first element is at least partially  
24 covered with a tubular element.

25 26. The exercise device of claim 1 wherein said elongated first element is comprised of a first  
26 cord; said first cord forming said first loop; said first cord attached to said handle by a piece  
27 having two holes through which said first cord passes; a portion of said loop is inside said  
28 handle.

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